



GET FIT, NOT INJURED!

- ➔ Get help! Work with a certified physical fitness trainer* or physical therapist.
- ➔ Vary your workouts to include a combination of strength, endurance and mobility training.
- ➔ Don't do too much too soon! Start slowly especially if you're a beginner.



TRAIN SMART, GET RESULTS, AND PREVENT INJURIES.
LEARN MORE ABOUT THE PERFORMANCE TRIAD:
SLEEP, ACTIVITY, AND NUTRITION AT [ARMYMEDICINE.MIL](https://armymedicine.mil)

*Certified by the American College of Sports Medicine (ACSM) or the National Strength and Conditioning Association